

Abstract

Title: Common boxing injuries

Objectives: To describe the causes of injuries and to summarize the most frequent injuries in training and matches of amateur and professional boxing.

Methods: In this work the methods used were questionnaire survey and subsequent evaluation of analytical data. The data analysis method was used in the theoretical part, which analysed the literature and in the empirical part where the individual points from the questionnaire were analyzed examined, based on the graphical representation. At the studied subjects there is evaluated frequency of injuries in boxing, the causes of injuries and recovery time.

Results: Based on questionnaire survey it was found out that most frequently an injury takes place a injury comes about the facial part of a boxer's head. It was found out that 57% of all injuries in boxing are in the facial part and these are minor scrapes or bruises that do not affect the athlete's performance.

Keywords: Box, injury, joint, contest